

## Celebrating 100 years of U of A medicine

Quinn Phillips and  
Jo-anne Nugent Sexsmith

The University of Alberta's Faculty of Medicine & Dentistry, the province's first medical school, where thousands of doctors and internationally renowned researchers have been trained, turns 100 this year.

“The one thing that hasn't changed is our purpose—we remain dedicated to advancing health through teaching, research and patient care.”

D. Douglas Miller

“Today we celebrate a milestone meaningful to all Albertans and to patients far beyond our borders,” said D. Douglas Miller, dean of the Faculty of Medicine & Dentistry, to a packed Bernard Snell Hall Jan. 17 to kick off centenary celebrations. “It's the anniversary of the beginning of one of the world's finest medical schools located at one of the finest academic health sciences centres in Canada.”

“For more than a century, this city and province have been magnets for people whose fates were forged and whose dreams were enacted.”

As part of the launch celebrations, Mayor Stephen Mandel presented Miller with a proclamation from the City of Edmonton marking Jan. 17, 2013 as “100 Years of Medicine Day.”

“I don't think there's any city prouder of its medical school than the city of Edmonton,” said Mandel. “We in Canada are so blessed, in Alberta we're blessed, but in Edmonton we're even luckier to have an institution that's had 100 years of incredible commitment and dedication to a

Continued on page 2

## Uplifting the whole people



Onlookers to the SUB Stage Jan. 23 were treated to a little International Week warm-up featuring the aerial moves of the AfricArab Remix.

## Federal research funding keeps U of A on leading edge

Michael Brown

The University of Alberta is the beneficiary of more than \$14 million in funding from the federal government for advanced research infrastructure to help continue to compete in today's global knowledge economy.

Through the Canada Foundation for Innovation Leading Edge Fund, this government investment is earmarked to help further the university's research excellence and infrastructure in diverse areas.

“The results of this research will not only benefit the University of Alberta, but also Canadians and the global community,” said Lorne Babiuk, U of A vice-president (research). “On behalf of the university, I thank CFI for their generous support and congratulate the researchers who have attracted this important funding. Investment in research such as this is essential to furthering Canada's

research landscape and our global competitiveness.”

Four U of A proposals were successful: the Centre for Neural Interfaces and Rehabilitation Neuroscience (\$3,076,491); SIFER, the Stable Isotope Facility for Ecosystem Research (\$1,478,111); the U of A Centre for Functional, Structural, and Metabolic In Vivo Imaging of Disease (\$5,500,000); and EMC2, or Energy Materials Characterization and Control (\$3,986,163).

The EMC2 proposal was submitted by chemical and materials engineering professor Kenneth Cadien on behalf of 10 fellow researchers representing an interdisciplinary network of labs across the campus.

Cadien, a Canada Research Chair in Nanofabrication and fellow of the National Institute for Nanotechnology, says the end result of the nearly \$4 million in funding from CFI will be improved control



Ken Cadien's proposal on behalf of 10 fellow researchers across campus was one of four to receive CFI funding.

and characterization of matter at the nanoscopic scale, enabling researchers to build materials and devices that can generate, store and use energy much more efficiently, thus offering opportunities to greatly mitigate the world's pressing energy challenges.

Cadien points out that previous CFI awards at the U of A created three complementary and highly successful facilities for the

manipulation and understanding of nano-scale materials: nanoFAB, the university's nanofabrication research facility; the Alberta Centre for Surface Engineering and Science (ACES) and the Integrated Nanosystems Research Facility.

Cadien says the new funding will build on that success by enhancing this infrastructure within a

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# folio

## Volume 50 Issue 10

Office of the Vice-President  
(University Relations)  
Marketing and Communications  
6th Floor, General Services Building  
University of Alberta  
Edmonton, Alberta T6G 2H1

## Editor

Michael Brown  
michael.brown@ualberta.ca

## Contributors

Bryan Alary, Bev Betkowski, Michael Brown, Kristy Condon, Michael Davies-Venn, Jamie Hanlon, Jane Hurly, Raquel Maurier, Brian Murphy, Jo-anne Nugent-Sexsmith, Quinn Phillips, Sandra Robertson, Frank Robinson, Richard Siemens, Jan Sovak, John Ulan

## Graphic Design

Marketing and Communications

folio's mandate is to serve as a credible news source for the university community by communicating accurate and timely information about issues, programs, people and events and by serving as a forum for discussion and debate. folio is published 23 times per year.

The editor reserves the right to limit, select, edit and position submitted copy and advertisements. Views expressed in folio do not necessarily reflect university policy. folio contents may be printed with acknowledgement.

## Inquiries

Comments and letters should be directed to Michael Brown, editor, 780-492-9407  
michael.brown@ualberta.ca

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Deadline: Thursday, noon, one week prior to publication  
Debbie Keehn, 780-492-2325  
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## Circulation/Change of Address

Contact Debbie Keehn at  
780-492-2325 or via e-mail at  
debbie.keehn@ualberta.ca

## Billing Info

Contact Fatima Jaffer at  
780-492-0448 or via e-mail at  
fatima.jaffer@ualberta.ca  
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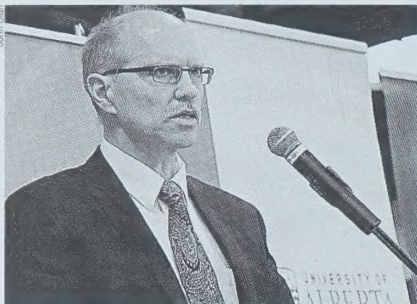
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# Funding arrives for expanded mental health services

Bryan Alary

The University of Alberta is helping students succeed academically by expanding programs and services that help students cope with stress, depression and other mental health issues.



Frank Robinson, vice-provost and dean of students

A new \$3-million grant from the Government of Alberta will allow the university to address long wait times for clinical mental health services and find other ways to reach students in the campus community, said Frank Robinson, vice-provost and dean of students.

"We can actually think about more people, different hours of service, working with students in places outside a clinical setting, perhaps in a residence or their faculty office," Robinson said. "It will make it easier for students to access services and lessen the stigma of seeking help from a place they're not familiar with."

The funding was announced Jan. 16 by Health Minister Fred Horne, who unveiled a total of \$10.5 million over three years for mental health initiatives at Alberta's post-secondary institutions.

Robinson said there's plenty of academic research—including the 2011 National College Health Assessment and Healthy Minds studies completed by the U of A—that links mental

health and student academic success. The research showed that 66 per cent of dropouts were related to mental health issues.

"By expanding our programs and services, not only are we helping students feel better, we're preventing crisis and we're helping our students succeed and reach their full potential," said Robinson.

The funding will allow the university to hire additional psychologists and psychiatric nurses at the Mental Health Centre run by University Wellness Services, and expand early intervention outreach in the campus community. The university will also help students cope with stress by expanding the free yoga sessions, healthy snacks and pet therapy offered by Unwind Your Mind, run by the Health and Wellness Team (HaWT).

Robinson credited university colleagues such as Donna Cave, physician and director of University Wellness Services, for laying the groundwork for the funding announcement. He said it was Cave who broached the issue of mental health program funding needs with Horne, and later worked with the provincial government to ensure a sustainable model was put into action.

Cave said University Wellness Services will immediately increase crisis counselling resources by placing psychologists in faculty offices and among high-needs student groups, with extra social workers on the ground. Health promotion will also be a major focus with a ramped-up Unwind Your Mind, which will run more often and in more locations.

"This is a true stab at population health from the grassroots. It is initiatives at every level of the mental health platform," Cave said. "We're going to have better crisis services, better availability to serve people before they come into crisis, and early-intervention and primary prevention initiatives, which have never been done on post-secondary campuses in Alberta to this extent."

Adam Sartore joined HaWT last year as a volunteer health educator after experiencing his own brush with anxiety and isolation due

to course demands when he first entered the biological sciences program.

"All my friends were busy, so I really didn't find a lot of people to rely on and I felt I just had to push through on my own, that it was normal to feel this anxiety," he said.

"By expanding our programs and services, not only are we helping students feel better, we're preventing crisis and we're helping our students succeed and reach their full potential."

Frank Robinson

Now in his fourth year, Sartore and HaWT help their peers cope with similar feelings, work that can be as simple as handing out healthy snacks to stressed students during exam time—and often leads to surprised faces and positive reactions, he adds.

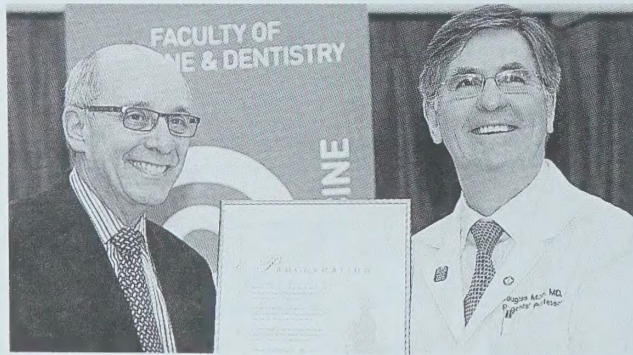
"It's normal for other students to feel a great amount of stress, but that's where groups like HaWT come in to say, yes, stress is normal but you don't have to face it alone."

Robin Everall, a psychologist with the Office of Dean of Students who is coming off a year-long appointment as provost's fellow for student mental health, said all these efforts to advance post-secondary mental health supports firmly establish the U of A as a leader.

"When we look at resources available here and what we're beginning, we're setting a trail for other institutions to follow," said Everall. "We have been very thoughtful and have consulted students about what their needs are so that we can put into place structures that not only fit with the institution, but also fit with meeting student need, where the students are."

## A century of extraordinary progress for medicine

Continued from page 1



Mayor Stephen Mandel presents D. Douglas Miller, dean of the Faculty of Medicine & Dentistry, with a proclamation marking Jan. 17, 2013, as 100 Years of Medicine Day.

city giving medical care in so many different ways."

Stephen Khan, minister of enterprise and advanced education, was also at the event on behalf of the province. It was the Government of Alberta that first decided to locate the province's medical centre in Edmonton.

"I am proud of the extraordinary progress medicine has made over the past 100 years," said U of A President Indira Samarasekera. "Looking back at their humble beginnings, it is inspiring to see the groundbreaking accomplishments that the faculty has made over the years, such as the very first organ transplant in Canada and the Edmonton Protocol, a major breakthrough in Type 1 diabetes treatment, among many others."

Over the past 50 years, the faculty has partnered with Alberta hospitals to build an internationally acclaimed academic health-sciences centre that allows residents of Alberta and beyond to receive specialized medical care and access to breakthrough treatments.

Leanne Bilodeau is one of the thankful Albertans. A mother of four boys, two of whom have been diagnosed with autism, she has participated in and relied heavily on the world-class research of Lonnie Zwaigenbaum in the Department of Pediatrics.

"It means the world to me [to have the faculty here] because we never saw autism coming in our family," said Bilodeau. "The day my oldest son was diagnosed, I'd already had the other three boys.

It was really good to know that I could be a part of some research and also get a lot of feedback on what it might mean for our whole family."

In addition, the faculty's medical graduates have shown to be the best educated in the country.

"For the past two years, graduates of our school have scored first on Canada's national qualifying medical exams," said Irfan Kherani, president of the Medical Students' Association. "We are very proud to be part of a patient-centred institution known around the world for training physician leaders and highly skilled scientists."

The launch of the centennial marks the official kickoff of a year of special events around the province that will welcome alumni, community partners, faculty members and, in particular, the people of Alberta whom the medical school serves.

"As we explore and commemorate our past, we are committed to creating a plan for the next decade, which will prioritize patient care," said Miller. "The one thing that hasn't changed is our purpose—we remain dedicated to advancing health through teaching, research and patient care."

Read more about the medical breakthroughs made at the U of A medical school on the centennial website, [www.med100uofa.ca](http://www.med100uofa.ca).

## CFI grant

Continued from page 1

single co-ordinated facility, the EMC2.

Of the nearly 20 additions or upgrades outlined in the proposal, Cadien says the most notable include a helium-ion microscope, which will add leading-edge lithography to the nanoFAB facility, and a state-of-the-art transmission electron microscope for ACSES.

"The guiding principle through this whole thing was no equipment for any individual," said Cadien, noting that a facility like nanoFAB has an astonishing 700 users, many of whom are scientists from industry. "This equipment is for our user facilities, which I believe has the biggest impact for the university."

Cadien says the upgraded and new equipment is great for attracting and attaining quality researchers—and has the added benefit of offering university students the opportunity to train on leading-edge equipment.

"A lot of these universities are getting these tools, so where are the people who know how to use them if students are never allowed to touch equipment?" he said. "User facilities will allow us to train students for the next-generation technologies."



# Award-winning author strives to open literary doors for student writers

Michael Davies-Venn

The University of Alberta's Writer-in-Residence Program, one of several bridges with the community, is also a breeding ground for aspiring authors in Edmonton. And its current resident writer, Marina Endicott, says she hopes to set younger writers on the same path she travelled almost three decades ago to becoming an author.

Endicott says some works by U of A students are just as good as the story she was encouraged to publish, which started her literary career.

At 28, Endicott was a theatre actor and director. But she also pursued a passion she kept from others.

"I had been writing stories secretly for a while. I didn't know anything about the literary world, I only knew about theatre, so I just didn't have any idea what to do when the stories were finished," she recalls.

It wasn't just the challenge of navigating the literary industry that once caused the world-renowned Canadian short story writer and novelist to stash away her stories in drawers.

"I think people don't generally want to make fools of themselves," she says. "I wasn't

hiding in the basement to write—but I wasn't showing them to anyone."

**"The main job of a writer-in-residence is to make people want to write again, rather than to shut them down."**

Marina Endicott

But after writing "Being Mary"—a story about a little girl who steals an eraser and feels so guilty about it, she thinks she can't play the Virgin Mary in the school play—Endicott decided to face her fears and took the piece to Lois Simmie, the writer-in-residence at the public library in Saskatoon.

"I was quite afraid. I was scared that she would tell me that I shouldn't be writing, that I was wrong to do this. But luckily she didn't say that," Endicott says.

Instead, Simmie encouraged her to submit the story for publication. "I sent it to *Grain* Magazine as she suggested, and they sent me a cheque for \$90. In those days that was a lot of money, and I was pretty happy," she says.

It was one of the best moments in her life as an author, she recalls. Now, in her own role as a writer-in-residence, she tries to help aspiring authors realize that experience.

"I'm hoping I can encourage students that same way. A few people have brought in pieces that are really great and close to finished, and poems that should be published already."

She provides students with encouragement, just as she received on "Being Mary" back in 1986, by doing a close analysis of their work. Providing feedback on literary works is a delicate exercise that must be honest to be useful, she says.

"It's a pleasure, and a great responsibility, to be that gate that somebody knocks on. I hope I'm taking that seriously and joyfully, and I am happy to see people and read their works," she says. "The main job of a writer-in-residence is to make people want to write again, rather than to shut them down. I don't think that anybody who comes in here would be met with, 'You should not be writing, stop!' I read to see what people are trying to do, and to help them do that well."

Along with students, the U of A's Writer-in-Residence Program also brings members of the general public to campus. Endicott has read works by high-school students, retired people and others working a day job while nurturing their creative spirit.

"A lot of the people I've seen are working, just like I was in those early days, but they're writing all the time too. They may not know the literary world. This program can introduce them to its workings. And not everyone brings me a manuscript—some people just want to talk." ■



Marina Endicott, U of A writer-in-residence for 2012-13, hopes to give new writers the same honest encouragement she had on the path to becoming an author.

## Breast cancer discovery could help doctors tailor treatment

Raquel Maurier

Medical researchers at the University of Alberta tested the DNA of more than 300 women in Alberta and discovered a "genetic marker" method to help accurately profile which women were more likely to have their breast cancer return years later.

Sambasivarao Damaraju, a researcher in the Department of Laboratory Medicine and Pathology and at the Cross Cancer Institute, just published his team's findings in the peer-reviewed journal, *PLOS ONE*. Using a simple blood test, Damaraju and his team, which included his PhD student Yadav Sapkota, scanned the entire human genome of 369 women who had been diagnosed with breast cancer. Of those, 155 had their cancer come back and 214 did not.

"If we can accurately predict which women are at high risk of breast cancer recurrence, it gives the physicians and oncologists treating those women time to design a more aggressive therapy in hopes of preventing the cancer from coming back," said Damaraju. "Treatment strategies could be tailor-made for these women based on their genetic makeup and how susceptible it makes them to breast cancer recurrence."

Damaraju and his team focused their research on breast cancer with a good prognosis—a high success rate in terms of initial recovery and treatment. About 70 per cent of all breast cancers fall into this category. Yet despite the high success rate with initial treatment for this type of breast cancer, the overall numbers of those in the good-prognosis group who die or have their cancer spread remain substantial, simply because so many people have this common, good-prognosis cancer.

Currently, treatment options for breast cancer patients are based on what doctors know about the tumour itself—its size and grade, and the absence or presence of certain markers within the tumour. Damaraju notes there are patients who are given an excellent prognosis based on what doctors see within the tumour, yet the cancer comes back. Other women remain cancer-free even though their doctors said they had a poor prognosis based on information gleaned from the tumour.

Damaraju thinks the accuracy of prognosis could be improved by complementing tumour-based markers with the DNA marker that can be found through a simple blood test.

Damaraju and his team are continuing their research in this area and would like to reconfirm their findings in a larger study, pending further funding. The results from that study could be published in about three years, and he suspects about two years after that, the DNA predictor method could be tested in prospective clinical studies before making it widely available for women.

The research was funded by the Canadian Breast Cancer Foundation – Prairies/NWT region and the Alberta Cancer Foundation. ■

## Stepping up for students' mental health the open door

Frank Robinson

Vice-provost and dean of students

The New Year has marked a pivotal step forward in our efforts to ensure that University of Alberta students have the support and services they need to stay mentally healthy during their time at university. Health Minister Fred Horne was here on campus to announce that the Alberta government will be investing \$3 million over the next three years to support student mental health initiatives at the U of A. Calgary and Lethbridge will receive similar funding, amounting to a total commitment of \$10.5 million from the provincial government. This announcement is in large part the result of the exceptional efforts of Donna Cave, the director of the University Wellness Centre, and Robin Everall, who recently completed a year as provost's fellow, student mental health. Their leadership in raising awareness about student mental health and the need for increased programming in this area proved to be instrumental in winning government support.

Before the government's announcement, my office had already begun to take steps to improve mental health supports on campus. Robin Everall, in her position as provost's fellow, was charged a year ago with the task of developing a comprehensive framework and strategic plan designed to enhance campus-specific services to undergraduate and graduate students. That task completed, I am delighted to announce that she has joined my office as associate dean of students as of Jan. 1. She will continue to raise awareness of student mental health issues and their impact upon student success and program

retention, as well as develop and implement relevant and co-ordinated student supports. She will also be involved in dealing with students with emergent health and wellness issues.

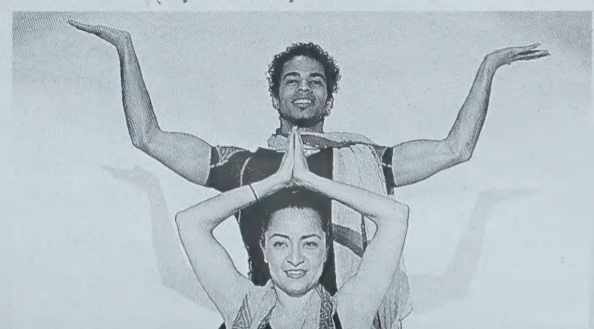
Our overall focus is to take mental health services out of SUB and into the broader student community. We've expanded our Mental Health Clinic, bringing together a caring and committed team of psychiatrists, psychologists, counsellors and social workers. We've introduced programs like the Health and Wellness Team's Unwind Your Mind, aimed at alleviating stress during major exam periods. You may have noticed a few furry friends in the hallways this past December, there for a few highly successful sessions of puppy therapy.

With new dedicated government funding, we will be able to heighten efforts to reach out to our students in their own environments. We have plans to place mental health

practitioners in faculty offices, where they'll be able to provide students with more immediate support. We will also expand efforts to encourage our students to take an active role in the preservation of their mental health, educating them about the benefits of taking advantage of the services we offer on campus.

Those of us on campus who work to promote mental health know that incidences of depression, feelings of isolation and hopelessness, suicide and self-harm are major challenges that all post-secondary institutions in North America now face. We know that there is much more to do to address student mental health needs. By tackling the issue proactively, we're not only working to foster a healthier academic environment for our students, but also setting them up for the long-term emotional, academic and personal success they need and deserve. ■

### Symmetry in motion



Dancers and musicians took to the SUB Stage Jan. 22 in a pre-International Week 2013 performance entitled *Bollywood Beats*.



# I-Week 2013 an opportunity to take up the torch of global responsibility

Michael Davies-Venn

According to Britta Baron, dealing with opportunities and complexities that arise from cultural diversity is not solely the responsibility of governments.

"Governments' tools to deal with these issues are relatively limited; this has to be also the responsibility of civil society. But universities, as an important part of civil societies, are very well equipped," said Baron, University of Alberta vice-provost and associate vice-president (international).

Through International Week 2013, the U of A is fulfilling its responsibility in helping find answers to a pressing contemporary global issue—the outcomes when cultures meet and merge. Baron says the more than 50 events happening from Jan. 28 to Feb. 1, including films, theatre performances, presentations and panel discussions, under the theme of "Conscious Culture: Finding Paths to a Better World," are examples of how the university is



Britta Baron

be a very positive and constructive role," said Baron. "But we know it is at the same time a very difficult and potentially very destructive role, when cultures clash and when people cannot come together in agreeing on the variety and diversity of cultures that are part of their environment."

contributing to finding solutions on global issues through teaching, learning and research.

"We want to create awareness on the role of culture in a globalized world and we want to underline how this could

One of the most significant global changes this year's I-Week will explore is the rise of China on the world stage. Martin Jacques, who argues that this century will see the birth of a new global world order, will deliver a keynote at Myer Horowitz Theatre during the formal launch Jan. 28.

Jacques says China is set to overtake the United States in terms of its economic rise by around 2018. By 2030, China's GDP, at least in terms of purchasing power parity, will be around a third of the world's GDP, and the U.S. share will be about half that.

"We're moving with great speed into a world that is entirely different from anything we've known for the last 200 years," he says. "Under those circumstances, one can conclude that there will no doubt be ups and downs and glitches, problems and crises. This is one of those great historical changes that are

remorseless. It's going to happen and no one is going to be able to stop it."

The week's many events, organized by U of A's Global Education program, address a wide range of issues, from uses of social media and the role of women in reducing poverty to sustainable food security and ways of breaking cultural boundaries. And a new free app this year means participants can easily check the schedule, get updates and share photos.

All told, Baron says there is no better place to hold such timely discussions.

"We're an internationalized place. More than 40 per cent of our educators come from abroad, and we now have about 6,000 international students. The university is the ideal place to raise awareness on global issues."

To find out more about I-Week 2013, go to [globaled.ualberta.ca/iweek](http://globaled.ualberta.ca/iweek). ■

## Global education programs aim to raise cultural consciousness

Michael Brown

Sometimes we get the clearest picture of ourselves when we are with people from other places.

And thanks to a University of Alberta global citizenship vision that has led to the creation of initiatives like U of A International's Global Education Program, students don't necessarily need to go abroad to find that contrast.

"In UAI we send students abroad, we recruit students from abroad and we help international students when they come," said GEP co-ordinator Leslie Weigl. "With the Global Education Program we try to help create an international learning environment right here on campus."

Weigl explains that GEP follows two streams of programming—one having to do with global issues from human rights to the environment, and the other on intercultural sensitivity and competency.

Speaking to the latter, a new element for UAI, Weigl says to be a global citizen you really have to be able to understand different perspectives and not impose personal values on them.

"Here at the university there is so much knowledge and diversity, but we don't necessarily access that richness all the time," she said. "We're trying to get people used to looking deeper and approaching everything with an attitude of curiosity so that, if weird things happen in communication, you ask what might be going on here. Then we give you some tools to explore and build understanding."

To begin the process of equipping the university's global citizens with strategies for understanding, GEP organizers are offering a series of intercultural training workshops throughout International Week 2013. Weigl says the first session, entitled "Conscious Culture: Finding Ourselves in Unexpected Places," starts the cultural learning process with a cultural look within.



Leslie Weigl will be leading four cultural learning workshops as part of the Global Education Program's I-Week 2013 involvement.

"Everything we do and all our experiences are part of our own cultural makeup. It affects the meaning we have, it affects our world view, and it affects how we interpret other people's behaviour and how we communicate with them," she said. "With cultural learning we are adding different capacities to ourselves, so it's good to know what we are starting with and where that comes from."

Weigl says the four workshops will feature different learning vehicles—theatre games, exercises to simulate the strangeness of adopting another culture, storytelling and journaling—but will ultimately go where the participants take them.

"The idea is that we'll draw out the knowledge and perspectives from the group, apply some theories and ask questions—the most important one being what you learn about yourself," she said.

"The more diversity you bring together, as long as people can communicate, the higher the creativity and innovation." ■

## Global Education Program I-Week 2013 Workshops

All events held 3:30–4:50 p.m.  
Location: International House Meeting Room

JAN. 28

### Conscious Culture: Finding Ourselves in Unexpected Places

Come explore how cultural systems develop and work and how neurons and upbringing can help us understand the places we inhabit and the "third culture" spaces in between that we co-create. What does it mean to belong or not belong? Can we find a sense of home nowhere and everywhere? Where do you go to "find yourself?" Who do you find?

JAN. 29

### Conscious Culture: Hidden Languages

The way we communicate with time, space, rhythm and our bodies makes up 90 per cent of our messages. Add on to that the pattern of our words, how we deal with conflict, and our underlying values, and we have the recipe for both disaster and delight. This workshop will explore some general patterns of communication to better understand the messages people send and receive.

JAN. 30

### Conscious Culture: Culture Shock? Embracing Change and Transition

Change is loss, and when entering new cultural spaces, we may experience a loss of everything that we thought was normal. Approaching new situations with self-compassion and curiosity can determine how well we survive and thrive. Come explore the process of change and transition and learn how to embrace it.

JAN. 31

### Conscious Culture: Culture Creation

Culture is alive. Come explore what it means to change, create and recreate our cultural spaces by honouring the cultures that be and understanding our role in creating cultures to come.



UNIVERSITY OF ALBERTA  
INTERNATIONAL  
Global Education Program

# INTERNATIONAL WEEK 2013

Conscious Culture:  
Finding Paths to  
a Better World

JANUARY 28 – FEBRUARY 1

"Other cultures are not failed attempts at being you"

—Wade Davis



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With over 50 free on-campus events, I-Week is the largest event of its kind in Canada. All are welcome!



## I-Week 2013 event highlights

UNTIL FEB. 27

**Inclusion & Exclusion photo exhibit.** Explore perspectives of inclusion and exclusion through the eyes and lenses of U of A students, alumni, faculty and staff, and the greater community. Enterprise Square.

JAN. 28

**When China Rules the World with Martin Jacques.** The West, which has dominated for over two centuries, is rapidly being usurped by China. The rise of China still takes a largely economic form, but over time its influence will increasingly become political, cultural, moral, intellectual and military in nature. How will the West respond to China's rise? Can it learn to live in a China-centric world? Noon–1:30 p.m. Myer Horowitz Theatre.

**Democracy, Constitutionalism and Electoral Innovations in Nigeria.** The most populous country on the African continent, Nigeria is composed of more than 250 ethnic groups and multiple religions. Join us for a discussion of how these multicultural diversities can be harnessed positively to promote sustainable development, social integration and a stable democracy in Nigeria, as well as the role of the international community, including Canada. A large delegation of Nigerian administrators, legislators and human rights activists will be on hand to take part in the discussion. Moderated by political science professor Malinda Smith. 2–3:20 p.m. B-38 Henry Marshall Tory Building.

**Democracy, Human Rights and Cultural Diversity in Nigeria.** 7:30–9 p.m. 1-140 CCIS.

JAN. 29

**Voice of a Scientifically Groundbreaking Muslim Girl.** Azza Faiad, a female Egyptian high-school student, is expanding minds and crashing barriers with her recent discoveries in science. In 2011, as a 16-year-old, Faiad won the European Fusion Development Agreement competition for her research on using recycled plastic compounds to create environmentally sustainable biofuel. Faiad will talk about the challenges of being a female scientist in the Muslim world and how she came to discover this incredible new fuel possibility. Noon–12:50 p.m. 236/238 TELUS Centre.

**Toxic Culture with Gabor Maté.** Modern medicine has worked wonders by discovering the biological roots of many previously fatal illnesses. But are we losing sight of the broader context in which human disease and disorders arise? In very real ways, our health depends on social and economic realities—and for many, our culture is making us sick. 5–6:30 p.m. 150 TELUS Centre.

JAN. 30

**Is Social Media a Scientific Tool of the 21st Century?** with Rebecca Chiao. The HarassMap project, based in Egypt, encourages

victims and witnesses to anonymously report sexual harassment as soon as it happens, using a simple text message, which is plotted on a map to pinpoint “hot spots” where incidents occur. Such empowering technologies could overcome many of the barriers to data collection in certain countries and the reluctance of women to report or discuss such crimes. 10:30–11:50 a.m. 217/219 TELUS Centre.

**Student Engagement in International Education.** This poster presentation will highlight students' academic, cultural, language and communication experiences abroad, as well as personal achievements, campus involvement and social leadership. 3–5:45 p.m. CCIS PCL Lounge.

**Celebrate the Local Food Movement with SACIE.** As you get ready to hear the inspiring words of the “rock star of social justice” and food sovereignty specialist, Raj Patel, enjoy some time with the Standing Advisory Council on International Engagement (SACIE) as it hosts a free reception with sustainably grown food from the Elm Café. 6–7 p.m. CCIS PCL Lounge.

**Food Cultures for Sustainability with Raj Patel.** We are surrounded by communities that already know how to feed the world for our generation, and for generations to come. Raj Patel will discuss ways that people and organizations are building better ways to eat today so that all of us can eat well tomorrow. 7:30–9 p.m. 1-430 CCIS.

JAN. 31

**Arab Awakening – Are We Hearing the Truth?** Veteran Middle East journalist Robert Fisk has seen it all in his 30-plus years of international journalism, yet perhaps nothing could compare with the upheavals in the Middle East which began in 2011—what some have termed the “Arab Spring.” 5:15–7:15 p.m. 11 Tory Lecture Theatres.

**Half the Sky – Turning Oppression Into Opportunity for Women Worldwide.** There is growing evidence that one of the simplest and most effective ways to alleviate poverty is to educate girls. Girls aren't problems or victims, and their ingenuity and courage is beginning to spread with many helping hands from the West. Pulitzer Prize winning writer Sheryl WuDunn, co-author of *Half the Sky: Turning Oppression Into Opportunity For Women Worldwide*, a book that has become a worldwide bestseller, will lead this discussion. 7:30–9 p.m. 1-430 CCIS.

## E-book series shows the colours of Cree language

Bev Betkowski

During her Cree language classes at the University of Alberta, Caylie Gnyra had to translate sentences posted by her instructor, Dorothy Thunder.

Struck by the whimsy of one of the lines, Gnyra, who graduated in 2010 from the Faculty of Native Studies, adopted it for a class project that has since turned into an online tool for Cree language teachers across Alberta.

*What Colour Are Your Little Ducks?/Tân'sesinâkosiwak kisipimisîwâwak* became the title of an electronic book that Gnyra created for the class project, and that has inspired more e-books now online free of charge at [www.littlecreebooks.com](http://www.littlecreebooks.com).



Caylie Gnyra is the author of an e-book to introduce young readers to the Cree language.

With some funding through the Social Sciences and Humanities Research Council via the Faculty of Native Studies, Gnyra designed the cheery, colourful book to introduce young learners to a string of characters and their rainbow-hued pet ducks.

The book has Plains Cree text written in Standard Roman Orthography—the letters used when writing in English—and syllabics, as well as their English translations.

Gnyra wanted to develop low-cost material that could be used in Cree classrooms, viewed on SMART boards for group reading, printed for individual use or viewed on tablets and smartphones.

She has since created two more such books: one about the seasons, written for a Grade 1 reading level, and one about the daily activities of a young bear, for kindergarten children. Both are designed to mesh with the province's established Cree language education curriculum. Gnyra hopes instructors of other Algonquian languages will adapt the books to reflect the grammar and vocabulary of those languages, which are closely related to Cree.

Though she is not Aboriginal and is still learning to speak and write Cree herself, Gnyra is enchanted by the cultural nuances of the language and feels deeply committed to helping preserve it.

“Cree is a very pretty language to the ear and it has a lot of humorous or thought-provoking aspects. Learning it helps me recognize how culture really is embedded in all languages, including English.”

Her dedication to exploring Cree language and culture was kindled by an interest in social justice.

“While many Canadians are concerned about inequality, injustice and related social issues in other countries, a lot of us just don't know the details of the difficult history we share with our indigenous neighbours or we don't quite know where to start in terms of improving Aboriginal and non-Aboriginal relations,” she said.

Gnyra's experiences include working with Aboriginal communities and organizations through a provincial leadership program, with the Native Cultural Arts Museum in northern Alberta and with indigenous youth in South America. “I learned a lot about my own position and assumptions, as well as about relations between Aboriginal and non-Aboriginal people, and I wanted to gain more historic context for what I had seen and experienced and heard people talk about.”

Gnyra enrolled in the U of A's two-year after-degree program in native studies, then postponed her graduation for a year to participate in a student internship at the Smithsonian's National Museum of the American Indian in Washington, D.C., and take a third year of Cree language classes at the U of A.

After graduating, Gnyra went on to take a master's degree in museum studies in Toronto, where she did some work for the newly established Canadian Language Museum. In keeping with her advocacy for the Cree language, she is preparing an exhibit she hopes will be ready for 2015, after she consults with Cree elders, speakers and learners.

“I hope it encourages people to take an interest in learning the language, whether it is their heritage language or not, and ultimately support greater understanding between Aboriginal and non-Aboriginal people.”

Meanwhile, Gnyra hopes to add at least five more e-books to the lineup of her Cree readers, one each for grades 2 through 6. She envisions the Little Cree Books site as a resource dedicated to the unique grammatical rules that make sense when learning Cree. She also hopes to attract Cree and non-Cree contributors to the project who can share ideas, artwork and writing.

As she moves forward, Gnyra is grateful for her time at the U of A.

“More than anywhere else I've studied, my native studies degree and my elective classes in other faculties at the U of A fostered a love of learning for me. It has boosted my self-esteem and well-being to find something that I felt I could really invest in, and just run with it, with the support of my faculty.” ■

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# Red explosions reveal secret life of binary stars

Brian Murphy

A University of Alberta professor has revealed the workings of a celestial event involving binary stars that produce an explosion so powerful its luminosity ranks close to that of a supernova, an exploding star.

Theoretical astrophysicist Natalia Ivanova says researchers have long debated about what happens when binary stars, two stars that orbit one another, come together in a “common envelope.”

“When this dramatic cannibalizing event ends there are two possible outcomes: the two stars merge into a single star or an initial binary transforms into an exotic short-period one,” said Ivanova.

The event is believed to take anywhere from a dozen days to a few hundred years to complete—and in terms of celestial events, either length is considered to be extremely fast, Ivanova says.

More than half of all stars in the universe are binary stars, but Ivanova says it was not known what a

common envelope event would look like until now.

After analyzing the physics of what happens in the outer layers of a common envelope, the U of A researchers found that hot and ionized material in the common envelope cools and expands, then releases energy in the form of a bright red outburst of light.

Ivanova linked these theoretically anticipated common envelope outbursts with recently discovered luminous red novae, mysterious transients that are brighter than

novae and just a bit less luminous than supernovae.

“Our research provides both a way to identify common envelope events and explains the luminosity generated during the common envelope event,” said Ivanova.

Ivanova is a Canada Research Chair in Astronomy and Astrophysics and was the lead researcher on the paper. She was assisted by PhD student Jose Luis Avendano Nandez. The research was published Jan. 25 in the journal *Science*. ■



Theoretical astrophysicist Natalia Ivanova has shown how binary stars come together to produce an explosion nearly as bright as a supernova.

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## Undergrad puts dino tooth fairy stash to good use

Brian Murphy

A University of Alberta researcher who spent six years combing through collections of fossilized dinosaur teeth has now identified more than 20 species of small meat-eating dinosaurs.

As a U of A undergraduate and master's student, Derek Larson examined thousands of dinosaur teeth found in western North America. Larson's research supervisor, U of A paleontologist Philip Currie, says the findings are quite an accomplishment, enabled by the university's encouragement for undergraduate students to get involved in research projects.

“Derek was able to expand our identification of small, two-legged meat-eaters that roamed Western Canada and the U.S. from seven species to at least 23,” said Currie.

The researchers say these dinosaurs ranged from the size of a chicken to two metres long. In most cases, tooth fossils are all that remains of small dinosaurs.

“It's the same situation you have in today's world with the remains of small animals like weasels,” said Currie. “Because the bones are light and small in size, after the animal dies the bones scatter, and if they're not covered by sand or mud they disintegrate very quickly.”

Luckily, the researchers do have fossilized skeletons with teeth for some of the small meat-eaters. For example, *Troodon* is a two-legged meat-eater about two metres in length, and Alberta is one area where its fossils have been found.

“We were able to link some previously unidentified fossilized teeth as being from relatives of *Troodon*,” said Currie. They were obviously similar teeth, but were not the same. Comparison with other species represented by teeth and bones gave the researchers a way to establish that other tooth samples also must have belonged to small dinosaur species that no one had previously identified.

The researchers say the huge increase in the number of identified small meat-eating species shows that instead of a few species existing for many millions of years, there were actually many small meat-eating species, each existing for shorter time periods.

“Given that today there are more small animals than large, it's really not surprising that during the age of the dinosaurs there were lots of small dinosaur species as well,” said Currie.

The research by Currie and Larson (now at the University of Toronto) was published Jan. 23 in the journal *PLOS ONE*. ■



A *Troodon*, one of the small carnivores characteristic of Alberta dinosaurs, tries to catch a toothed bird.

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# Mother bear knows best place to call home

Bev Betkowski

**M**ama bear appears to know what's best when it comes to selecting a place to call home, according to a new University of Alberta study.

The research, which may ultimately help protect Alberta's dwindling population of grizzly bears, is among the first of its kind to test the nature-versus-nurture debate on how large, free-ranging wildlife select habitat.

Lead author Scott Nielsen, assistant professor in the Department of Renewable Resources, and head researcher in the U of A's Applied Conservation Ecology (ACE) Lab, teamed with one of the lab's post-doctoral fellows, Aaron Shafer, and professor Mark Boyce of the Department of Biological Sciences for the four-year study.

Published in the latest issue of *PLOS ONE*, their work explored whether the maternal rearing of cubs shaped which habitats grizzly bears eventually choose. The findings "suggest that habitat selection is learned by young grizzly bears from their mothers and would likely be a more adaptive strategy than using instinct," Nielsen said.

"There are a number of strategies that appear to be handed down from generation to generation from mother to offspring. It's the 'nurture' side of the equation that is shaping the life of the bear."

The study is part of ongoing work by Nielsen and a team of master's students and PhD candidates who study conservation issues related to species at risk, such as grizzlies, to help in their population recovery. Other current research includes work on lizards, otters, boreal forest biodiversity and restoration of degraded ecosystems.

Through the ACE lab, U of A scientists are identifying critical habitats and needs of threatened species such as grizzlies, and determining the most effective management actions for their recovery.

The grizzly study, conducted in the foothills of west-central Alberta, tracked 32 adult and young grizzly bears that had been fitted with GPS radio collars. The animals' movements were monitored from 31,849 locations spanning 9,752 square kilometres.



Scott Nielsen holds a GPS radio collar his research team used to track grizzly bears across 9,752 square kilometres in west-central Alberta.

Nielsen and his team observed that genetically related female bears shared habitat selection patterns regardless of their location, whereas male bears related to one another did not.

"This suggests that there are different habitat selection strategies used by grizzly bears and that these are learned early in life, because male bears don't participate in parental care," Nielsen said.

The grizzly is considered a threatened species in Alberta (there are fewer than 700 in the province), and if their habitat-use strategies are indeed learned from early experiences, "then the habitats chosen for relocation of 'problem' bears or to supplement threatened populations would be important," Nielsen said.

Knowing that habitat selection is part of a learned behaviour, conservationists tasked with relocating bears far from the animals' known environments should pay close attention to the habitats into which they are released, he added.

The research was funded by the Natural Sciences and Engineering Research Council of Canada, the Alberta Conservation Association and partners from the Foothills Research Institute Grizzly Bear Program. ■

# Physics team cracks 100-year-old mystery

Sandra Robertson

**T**hanks to the tenacity of star physics students and the new tools of nanotechnology, a University of Alberta physics team has cracked the code to a magnetic mystery that has stumped scientists for nearly 100 years.

U of A graduate students Jacob Burgess and Alastair Fraser made the breakthrough while working with Mark Freeman, a U of A physics professor and researcher at the National Institute for Nanotechnology, who led the new study. Their research, which builds on key contributions from John Davis in the physics department and Doug Vick at NINT, makes it possible to finally harness a phenomenon known as the Barkhausen effect with a new kind of high-resolution microscopy of magnetic materials.

"I call this new tool a 'scanning vortex probe microscope' after the special magnetization pattern we used to make this discovery," explained Burgess, author of the theory and the model that revealed Barkhausen's elusive secret.

The Barkhausen effect is named for Heinrich Barkhausen, who offered science a seminal experiment in 1919 that provided the first evidence of magnetic domains—the quill-like patterns in the orientation of "magnetization" within magnetic

materials. Barkhausen made the discovery by listening in on magnetic activity by wrapping a magnet with an electrical coil connected to a speaker. The messages Barkhausen received were intermittent, idiosyncratic and impossible to translate—until now.

"Barkhausen's findings were very important for advancing our understanding of magnetism and for eventually using magnetic materials in applications like data storage," said Freeman. "But the intricate details have proven surprisingly difficult to measure. In fact, the vague picture we've been working from has come to more perfectly represent what we don't know."

The new findings, published online Jan. 17 in the journal *Science*, represent a game changer because magnetic thin films are critical in modern computing for storing the information in every hard disk inside every computer. With this discovery comes the potential to provide critical information for magnetic computation technology that can be designed to replace hard drives, making it possible to engineer data storage that is so secure, it would preserve data even if the computer crashed.

Burgess credits the university and the science faculty for giving him the knowledge and skills to succeed. "As a U of A science student, I've

had the opportunity to learn about everything from nanofabrication to quantum field theory to machining—and most importantly, I got to learn from people who were teaching the material they loved."



Jacob Burgess

The work was supported by the Natural Sciences and Engineering Research Council (Discovery Grant and Discovery Accelerator Supplement), the Canadian Institute for Advanced Research (Nanoelectronics Program), the Canada Research Chairs program, the informatics Circle of Research Excellence, the National Institute for Nanotechnology, and Alberta Ingenuity and NSERC scholarships to Burgess. ■

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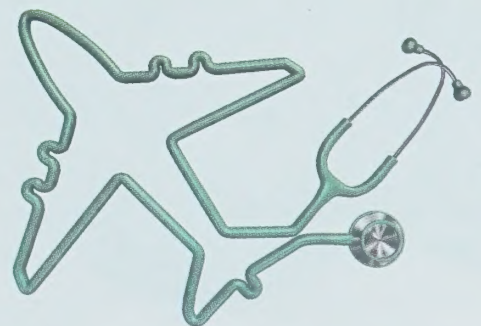


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# Treating high blood pressure in lungs may affect heart health

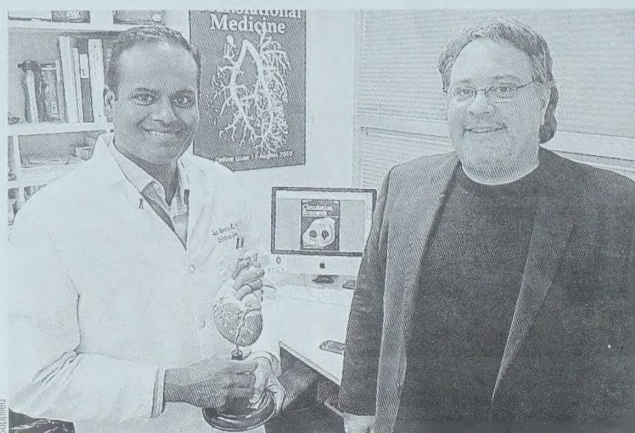
Quinn Phillips

A research team with the Faculty of Medicine & Dentistry reported findings that significantly improve understanding of how widely used drugs in pulmonary arterial hypertension (PAH) affect the heart health of treated patients.

The research shows that medications often prescribed for PAH could block the function of an important hormone in the heart, decreasing the strength of contraction of the right heart chambers—a potentially important yet unrecognized adverse effect.

PAH is a disease that affects the blood vessels of the lungs, causing a progressive narrowing and restriction of the blood flow through the lungs. This narrowing puts a significant strain in the right chamber (right ventricle) of the heart that pushes the blood through the lungs. Eventually the right ventricle fails, causing heart failure and death.

One of the causes of the narrowing of the lung blood vessels is increased levels of endothelin in the lungs, a hormone that constricts blood vessels throughout the body. Commonly used and very expensive drugs that block the actions of endothelin, which are called endothelin receptor antagonists, or ERAs, are now used throughout the world to treat PAH patients.



Cardiac surgeon Jayan Nagendran (left) and cardiologist Evangelos Michelakis in their shared lab.

But the effects of these drugs in the right ventricle had not been studied until now.

Led by cardiologist Evangelos Michelakis and cardiac surgeon Jayan Nagendran in a laboratory setting, a multidisciplinary team of cardiologists, cardiac surgeons, pathologists and scientists at the U of A studied human hearts from 50 PAH patients and laboratory models. The team showed that although ERAs do not have significant effects in normal hearts because the endothelin levels are quite low, this is not the case in the diseased hearts of PAH patients. In the thickened right ventricles from PAH patients, the levels of endothelin are significantly increased.

This new finding suggests that this increase may be beneficial for hearts affected by PAH, because endothelin is known to increase the strength of contraction of the heart muscle. In other words, as the right ventricle has to work harder pushing blood through the narrowed blood vessels, endothelin may help it function better—but this may be blocked by ERAs. The research team also showed that, as expected, ERAs decrease the strength of contraction of the diseased right ventricles. In other words, ERAs may have a beneficial effect on the lung blood vessels, but they may also have unwanted effects on the heart.

“While this does not mean that PAH patients should stop using these drugs, this new research sheds more light on the overall mechanism of action of these drugs in PAH patients,” said Michelakis. “It may also help physicians to better approach the treatment of PAH patients and design clinical studies to validate these new findings in large populations.”

PAH mostly tends to affect younger women, although people of both sexes and all ages can be affected. The survival of PAH patients is similar to that of patients with metastatic breast cancer, but the yearly cost of treatment for PAH can be more than double that for metastatic breast cancer, and can exceed \$200,000 per patient.

The study was funded by a grant from the University Hospital Foundation – Mazankowski Alberta Heart Institute, by Alberta Innovates – Health Solutions and by the Canada Research Chairs Program. ■

# Ads miss mark on Canuck identity

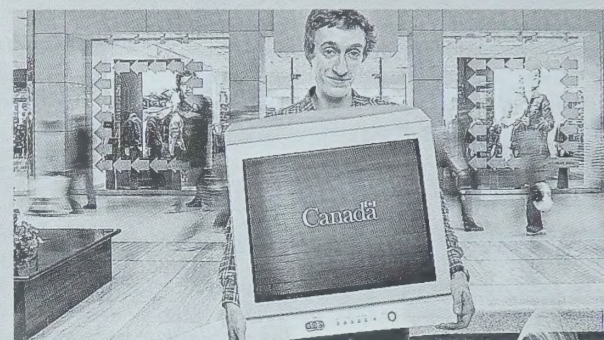
Jamie Hanlon

When it comes to portraying Canada’s multicultural makeup, Kevin Pinkoski says those in charge of creating ads for the federal government may be working with a limited palette.

Pinkoski, a fourth-year arts student supervised by political science professor Linda Trimble, undertook a study of about 20 ads produced for various government departments. He noticed that visible minorities and Aboriginal people were virtually absent from the ads—and served only as background when they did appear.

He says the result is that ethnic groups likely won’t feel a strong connection to what they are seeing—and may even feel excluded from the ads’ depiction of Canadian identity.

Pinkoski had the idea for his study after he heard about a staged citizenship ceremony last year, in which government staffers posing as new Canadians were dressed up to resemble various minority groups. He wondered how else the government was using minorities to communicate messages to Canadians, so he began analyzing advertisements from the Canadian Forces, Health Canada and other departments.



Kevin Pinkoski says a lack of minorities in government TV ads sends a mixed message about Canadian culture.

In *Waking Up Canadian*, an ad promoting important changes to citizenship rules, items of Canadiana—from poutine to hockey sticks—are visible throughout the video. Yet a member of a visible minority is depicted only in the final moments of the commercial, said Pinkoski.

“In other advertisements, it was the same way. If there was an image of an Aboriginal (or minority) person that popped up, it would always be in the last shot, never a central character or someone who had a speaking role.”

He says the lack of minority or Aboriginal central characters may prevent audiences from connecting with the characters or the messages contained in the videos. Further, he points out that for white Canadians, there is a mixed message about what and who is really “Canadian.”

“As a Caucasian Canadian, when I watch these advertisements, I don’t see as a main character someone who is a minority that I am forced to make that association with,” said Pinkoski. “I think that’s a big part of multicultural policy in Canada—having a minority in a position wherein someone in the majority has to identify with the minority. That creates a real equality.”

Pinkoski says the lack of connection with the minority audience may evolve into an identity crisis of sorts, with new Canadians or immigrants questioning what constitutes the true identity of a Canadian. Rather than a basic “white” canvas, there needs to be more representation of the various cultures that make up the Canadian population. Otherwise, he says there is the risk of having a secluded multicultural society, where people of other cultures only exist together.

“I think that presenting one image of what it is to be Canadian doesn’t prevent that,” said Pinkoski. “There’s value to each of the cultures, and that’s what you can associate with a true Canadian culture.” ■



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# PSA aims to make homophobia a four-letter word

Folio Staff

In 1972, the late George Carlin joked about seven words that could not be said on television. These words have become frowned upon in public use as much as in the media. But a new public service announcement from the University of Alberta’s Institute for Sexual Minority Studies and Services (iSMSS) reminds us that people are still using unacceptable homophobic language without any thought to the discriminatory connotations behind these words.

The “No Homophobes” PSA was unveiled on Global Television in late December. The ad features actors portraying young people upset at others in their lives. Their lines are littered with bleeps, except when one female expresses her feelings about her ex-boyfriend, using hurtful language clearly meant to devalue him as a person and call his masculinity into question.

This type of casual homophobia is part of the negative behaviour and attitudes iSMSS is hoping to

change with the campaign, an adjunct to the innovative Nohomophobes.com website launched last fall.

Kristopher Wells, associate director of iSMSS, says these words are far from benign, and their repeated use has the power to adversely affect people who are being discriminated against and marginalized.

“Casual homophobia serves to reinforce damaging stereotypes and is one of the last socially acceptable forms of discrimination in our society, which leads to isolation, bullying, violence and, in many tragic cases, youth suicide,” he said. “We encourage people to break the silence that surrounds the use of casual homophobia in our society and to speak out against it when it is safe to do so.”

“Our very silence makes us complicit in the act of discrimination. Ultimately, we want people to think before they speak, text, post or tweet.”

The PSA was produced with support from Calder Bateman Communications and Global Television, and can be viewed online at [www.ismss.ualberta.ca](http://www.ismss.ualberta.ca). ■



# Kids with chronic illnesses likely to use alternative medicine

Raquel Maurier

Children who regularly see specialists for chronic medical conditions are also using complementary medicine at a high rate, according to new research from the University of Alberta and the University of Ottawa.

About 71 per cent of pediatric patients attending various specialty clinics at the Stollery Children's Hospital in Edmonton used alternative medicine. The rate of use at the Children's Hospital of Eastern Ontario in Ottawa was 42 per cent. Nearly 20 per cent of the families who took part in the study said they never told their physician or pharmacist about concurrently using prescription and alternative medicine.

Sunita Vohra, a researcher in the Department of Pediatrics and the School of Public Health, was the lead investigator on the study, which was recently published in the peer-reviewed journal *Pediatrics*. Her



Sunita Vohra and her team have found a communication gap between physicians and the families of chronically sick kids when it comes to the use of complementary medicines.

co-investigator was James King from the University of Ottawa.

"The children in this study are often given prescription medicines," says Vohra. "And many of these

children used complementary therapies at the same time or instead of taking prescription medicine. We asked families whether they would like to talk about the use of

alternative medicine; more than 80 per cent of them said, 'Yes, please.'

"Right now, these families are getting information about alternative medicine from friends, family and the Internet, but a key source they should be getting this information from is their doctor or another member of their health-care team, who would know about possible drug interactions with prescription medicines."

Vohra said the study "identified a gap in communications" in dealing with pediatric patients and their families.

"It's important to get these conversations going with every patient, especially when you consider it's not widely recognized how common it is for children with chronic illnesses to use alternative medicine," said the Alberta Innovates – Health Solutions scholar.

"We need to make sure these families are comfortable telling their specialists they are taking other therapies," she said.

Vohra and her colleagues at the U of A have now developed innovative curricula for undergraduate medical students about the use of alternative medicine by pediatric patients. Ensuring medical students receive information about alternative medicine is key because it arms them with more knowledge about potential interactions with prescription medicine, says Vohra.

"Considering parents are saying they want this information, we

have an obligation to ensure future physicians have the education and resources they need for these conversations," Vohra said.

**"We need to make sure these families are comfortable telling their specialists they are taking other therapies."**

Sunita Vohra

Information about alternative medicine use and risks is also available online at [www.pedcam.ca](http://www.pedcam.ca), a site for pediatricians who want more information about this topic and other issues.

In total, 926 families at 10 clinics in Edmonton and Ottawa were surveyed for the research study through an anonymous questionnaire taken in the waiting room. The clinics involved focused on pediatric cardiology, gastroenterology, neurology, oncology and respiratory health conditions. The most common alternative medicines patients used were multivitamins or minerals, herbal products and homeopathic remedies. The most common alternative therapies were massage, chiropractic, relaxation and aromatherapy.

The research was funded by the SickKids Foundation. ■

## ALES advisor connects students with careers

Michael Brown

If it weren't enough that Alexia Palau comes to a job that leaves her energized at the end of the day, she gets to perform her duties in a faculty she truly believes is making a difference.

"I think the research being done in the Faculty of Agricultural, Life and Environmental Sciences is very

important," said Palau, a student advisor in the faculty. "We are very focused on the environment and food security, and those are matters that are important now and are going to be in the future."

Fulfilling the promise of students who will be dealing with issues in the future is where Palau steps in. As an advisor

since 2010, Palau has taken pride in her job helping students plan their schedules, navigate the U of A's web presence, use the course calendar and refer them to services of a more personal nature.

"I feel that our team plays a crucial role in a student's academic career," said Palau, who recently won a University of Alberta Support Staff Recognition Award for her work. "I think it is very important for students to really understand why they are here. I think I can help them create a vision and an end goal, basically walk them through their academic life so they can achieve what they want to once they are done."



Alexia Palau

## staff spotlight

With the help of her faculty's Peer Helper Program—an initiative designed to place students in meaningful leadership positions—and CAPS: Your U of A Career Centre, Palau is leading a pilot program to connect students with industry partners in the field of their interest and help them better plan for a career.

"This program will help students decide what courses they should be taking and what experience they will be requiring once they have graduated in order to follow a particular career path," said Palau. "We are preparing the students in our faculty for careers that are going to be relevant for generations to come, so it's important to give them every chance to make good decisions."

And when it comes to her own career, Palau says she knows a good job when she sees one.

"We are a small, student-focused faculty, which allows us to dedicate a lot of time to students. We all know what we are working towards and we all have a common goal," said Palau. "I like to think we are a fairly close team, so we are not only colleagues; we are also friends." ■

**"We are preparing students for careers that are going to be relevant for generations to come, so it's important to give them every chance to make good decisions."**

Alexia Palau

## Are You a Winner?

Congratulations to Steve Sutphen, who won a weekly appointment calendar featuring the photography of Todd and Brad Reed, as part of Folio's Jan. 11 "Are You a Winner?" contest. Sutphen identified the location of last issue's photo as the entrance to the ETLC Solarium during an engineering job fair. Making its triumphant return to the prize chest is a Butterdome butter dish. To win it, simply identify where the object pictured is located and email your answer to [folio@ualberta.ca](mailto:folio@ualberta.ca) by noon on Monday, Feb. 4, and you will be entered into the draw.



John Ulan

WE SUPPORT



United Way

2012 UNIVERSITY OF ALBERTA  
UNITED WAY CAMPAIGN  
FINAL REPORT

**TOTAL DOLLARS RAISED: \$636,971**

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### CONGRATULATIONS TO HEATHER KENNEDY-PLANT

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# news [shorts]

folio presents a sample of some of the stories that recently appeared on the [ualberta.ca/news](http://ualberta.ca/news) page. To read more, go to [www.news.ualberta.ca](http://www.news.ualberta.ca).

## Call for nominations for teaching excellence awards

The General Faculties Council's University Teaching Awards Committee invites nominations for the 2013 Awards for Teaching Excellence.

Awards include the Award for Excellence in Graduate Teaching, Graduate Student Teaching Award, Provost's Award for Early Achievement of Excellence in Undergraduate Teaching, Rutherford Award for Excellence in Undergraduate Teaching, Teaching Unit Award and the William Hardy Alexander Award for Excellence in Undergraduate Teaching.

Staff and students are encouraged to submit nominations to their department chair or dean, as appropriate. Nominations must go through faculties as each faculty has a limit on the number of nominations that can be submitted.

The 2013 deadline to submit nominations is Feb. 22. Nomination packages are to be submitted to the Academic Awards and Ceremonies Office, Office of the Registrar, B19 Administration Building.

The complete regulations can be found online by visiting [policiesonline.ualberta.ca](http://policiesonline.ualberta.ca) and searching "Awards for Teaching Excellence Policy."

Nominators requiring assistance in preparing nominations can contact Laura Connell, acting faculty awards facilitator with the Academic Awards and Ceremonies Office, by calling 780-492-2644 or emailing [laura.connell@ualberta.ca](mailto:laura.connell@ualberta.ca).

## Ellis breaks Canada West record

Fifth-year Pandas volleyball setter Jaki Ellis has become the career Canada West leader in service aces after she racked up seven this past weekend to bump her career total to 122.

Ellis, a student in the Faculty of Physical Education and Recreation, recorded four aces on the road against Brandon on Jan. 18 to move to 119 aces in her Canada West/CIS career, which bettered the record of 117 originally set in 2004 by former Calgary Dino Amanda Moppett. Ellis then spun another three aces on Jan. 19 to increase her record total to 122.

The Mississauga-born Ellis is a two-time team MVP (2011, 2012) and winner of the U of A's Bakewell Trophy as top female athlete last season. She was also named a CIS Championship Tournament All-Star, First Team CIS All-Canadian, and First Team Canada West All-Star last year as the Pandas won the conference championship and a CIS silver medal.

## Made-in-Alberta menu improves diabetes control

A new menu plan developed by U of A researchers seems to significantly reduce blood sugar levels for people with diabetes.

On average, the 15 participants who followed the Smart Menu Plan for Albertans for three months reduced their blood sugar levels, a key health indicator among diabetics, by 1.4 per cent. A reduction of 0.5 per cent, if maintained, reduces the risk of developing secondary health complications. On average, participants also significantly increased their "good" cholesterol levels, slightly decreased their "bad" cholesterol, lost 2.6 kilograms and reduced their waist size by 2.8 centimetres.

Cathy Chan, who along with Rhonda Bell led the team that developed the menu plan, which included several students in the nutrition major, said that when the Physical Activity and Nutrition for Diabetes in Alberta (PANDA) research team developed the menu plan, the team was determined to make sure the diet was nutritionally sound, affordable, composed of foods that are easily available in local stores and in line with recommendations of treatment for Type 2 diabetes published by the Canadian Diabetes Association.

"When you're trying to affect a change in behaviour, and in eating habits in particular here, we thought those were crucial factors in making it as easy as possible for people to stick to our menu plan in the long term, and get the associated beneficial health effects, which is our ultimate goal," she said.

The PANDA research team will be conducting a bigger study beginning this month in which 50 people with diabetes will be followed. If you have Type 2 diabetes and are interested in participating in the study, please contact [gasaad@ualberta.ca](mailto:gasaad@ualberta.ca).

## Studio Theatre: The Missionary Position

University of Alberta Studio Theatre unveils the world premiere of *The Missionary Position*, by Lee Playwright-in-Residence Greg MacArthur, on the Timms Centre for the Arts main stage, Feb. 7-16.

After a devastating tsunami engulfs a small remote Central American country, a disparate group of young Canadian missionaries congregate to offer their help. Rescuing children they believe are orphans, the missionaries are incarcerated, forcing them to confront who they are and what they believe in.

Inspired by actual events in Haiti (the New Life Children's Refuge case), the play questions the limits of belief and asks provocative questions about foreign aid and our intervention in the developing world. How do we help, why do we help and who are we really helping? Are good intentions good enough?

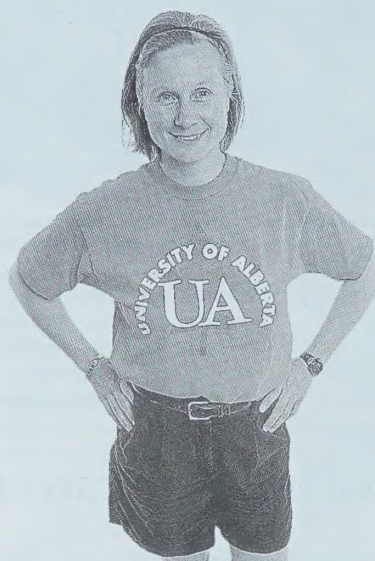
*The Missionary Position* is directed by drama professor Jan Selman and was commissioned and written for the 2013 BFA Acting graduating class, a company of 12 trained actors, to perform.

Tickets are on sale now for \$11 to \$22 at TIX on the Square (780-420-1757) and online at [www.tixonthesquare.ca](http://www.tixonthesquare.ca), as well as in person at the Timms Centre Box Office. To find out more, go to [www.studiotheatre.ca](http://www.studiotheatre.ca).

# Physiologist stands tall among sporting giants

Jane Hurly

There's nothing more rewarding for University of Alberta professor Vicki Harber than spreading the word about the importance of girls' and women's participation in sport and physical activity for their well-being, helping coaches understand what young female athletes need for healthy development, and promoting physical literacy so every child learns the fundamental skills they need to play and enjoy sport for life.



Vicki Harber was honoured as one of Canada's top 20 female sport influencers for the second year in a row.

On Jan. 17, Harber's lifetime contribution to the field as an academic and an athlete was honoured—for the second consecutive year—by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), which named her in its annual list of the top 20 most influential women in sport.

"I was surprised initially," said Harber of the recognition, "but also very grateful because CAAWS is such a strong organization and agency. Their support and backing enables me to do the things I'm passionate about—getting the message out about sport and physical activity for girls and women, and sharing it with organizations that find what I have to say beneficial."

Harber, an exercise physiologist and former Olympian in rowing, is one of the leading academic voices with Canadian Sport for Life (CS4L), a body seeking to improve the quality of sport and physical activity. Her paper for the organization, "The Female Athlete Perspective," has been dramatically changing the way parents, coaches and physical education teachers think about girls' healthy development as athletes. This opportunity at the peak of her academic career to share her knowledge broadly through CS4L is exciting to Harber and, in many ways, the perfect junction of an academic career devoted to the study of female athletes and a lifelong love of sport.

"I feel as though I've lived this journey all my life. Being physically active was as natural as breathing. I have been competitive, sport-minded and driven by sport my whole life," she said. "That accounts for the choices in my academic direction. I've also walked the road of an elite athlete and participated in the Olympics. Paralleling that with my graduate studies, investigating the female athlete's physiology, when I became a member of the CS4L group it was as if I finally knew what I wanted to do when I grew up!"

"I have always been passionate about sharing my academic experiences—the evidence, the literature, and being able to parlay that into tangible, meaningful messages for people that can benefit from them."

Harber notes that although there is more respect and understanding of female athletes' participation in sport, change can be slow and complex. "People still marvel that the first women's Olympic marathon was in 1984! But I feel confident that we're moving in the right direction. I think many of the obstacles that are in the way of girls and women participating in sport and physical activity are really obstacles for all. If we can work hard at removing those, it might make it easier or improve the atmosphere in which girls and women compete." ■

# Raising a glass in support of U of A Athletics

Folio Staff

The journey to a national championship tests athletes and coaches both physically and mentally, and while winning that trophy and earning the right to be called champions is the ultimate sporting reward, programs that embark on that road are often financially drained as well.

In an effort to reduce some of the financial burden of victory, the Golden Bears and Pandas Athletics will get a helping hand from the newly launched Championship Fund, an initiative started by Kerry Mummery, dean of the Faculty of Physical Education and Recreation.

"There is a cost associated with being excellent, and for us, that cost is national championship travel, which is not base-funded," said Mummery. "The Championship Fund, which will be stocked by money generated through special fundraising initiatives and projects, has been set up to help support our teams, student-athletes and coaches in pursuit of their goals, by serving as a reserve fund that will support national championship travel for all 24 of our Golden Bears and Pandas varsity teams."

The first fundraiser to support the new fund is the launch of Golden Bears and Pandas

custom-labelled wines: Ursa White, a blend of 2011 riesling and pinot gris; and Ursus Red, a B.C. blend of 2009 merlot, pinot noir, petit verdot and zweigelt.

Partnering with Kelowna-based Bounty Cellars, the Faculty of Physical Education and Recreation has created a pair of custom wines that feature GUBA and Patches, the Golden Bears and Pandas mascots, as the central design elements of the wine labels. Profits from sales of Ursa White and Ursus Red

are routed to the Championship Fund to help get Golden Bears and Pandas student-athletes, coaches and medical staff to national championship competitions.

The wines can be enjoyed at Golden Bears and Pandas home games. Bottles can be purchased at various liquor store locations across Edmonton, and on campus through Aramark Classic Fare Catering, Conference Services at Lister Hall, the Faculty Club and Room at the Top (RATT). ■

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# Rehab med's robot challenge inspires kids to help seniors

Bryan Alary

Edmonton children, including home-schooled students and kids with special needs, got a hands-on opportunity to help seniors lead healthier lives, thanks to scientific know-how and some robotic help from the University of Alberta.

The Faculty of Rehabilitation Medicine sponsored two teams of children, aged eight to 11 years, who competed in the annual FIRST Lego League Championship Jan. 19. This year's goal was to improve seniors' quality of life, and the U of A teams showed how technology can help with tasks such as finding and picking up healthy foods in the grocery store and helping seniors stand up after gardening.

"It's a thrill, the highlight of my week," said project co-ordinator Kim Adams, an assistive technology researcher in rehabilitation medicine with a joint appointment at the Glenrose Rehabilitation Hospital.

"It has been really neat to see the kids problem-solve and watch how everything has progressed, from getting the LEGO structures on the robot game table to doing the hard part and programming the robots, and figuring out what parts to use to accomplish each task."

Every weekend since October, the Rehab Robotics lab in the Edmonton Clinic Health Academy was abuzz as the teams—"Bad News Bears" and "Rock'em Sock'em"—built, programmed, tested and retested their robots. Adams said the 12 kids oversaw the project from start to finish, including talking to a local senior to learn about day-to-day challenges older people face.

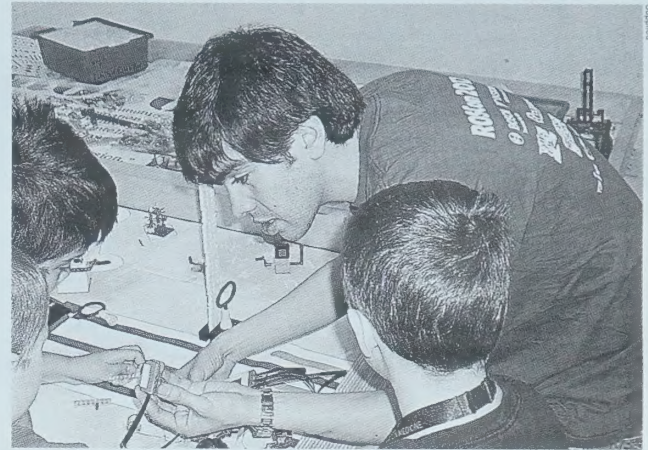
"It's a lot of work that they're asking the kids to do," Adams said. "There are 12 different tasks for the robots to complete on the table, and that means a lot of programming for the kids. For beginner teams, we did three—and that's doing well."

In addition to sponsoring the teams, rehabilitation medicine

provided expertise from the likes of Adams, who works with robots while developing learning tools for children with severe physical disabilities. Graduate students from the faculty and the Department of Computing Science also lent a hand coaching, as have other student mentors and faculty who worked with the children and gave special presentations.

One of the faculty's goals was to work with children from the neighbouring community plus children who don't always get such inclusive opportunities, including home-schoolers and kids with special needs such as autism.

For one Edmonton mother, the Rehab Robotics lab was a welcoming environment for her 11-year-old son Quinn, who has high-functioning autism. Christine, who declined to provide her last name because her son was only recently diagnosed with autism and is selective about whom he tells about the condition, says Quinn thoroughly



With help from the Faculty of Rehabilitation Medicine, kids in Edmonton had a chance to build, program and test LEGO robots.

enjoyed working with the robots and problem-solving until a task is complete.

The experience also allowed Quinn to work with other kids in an inclusive social setting.

"Quinn is the type of kid who would more enjoy time in his room

with a book than playing with others," Christine said. "So this has been really neat because ideally, my goal is to give my kids that inclusive environment."

"They're also seeing success—it's always nice to see your kids succeed." ■

## talks & events

Talks & Events listings do not accept submissions via fax, mail, email or phone. Please enter events you'd like to appear in folio and at [www.news.ualberta.ca/events](http://www.news.ualberta.ca/events). A more comprehensive list of events is available online at [www.events.ualberta.ca](http://www.events.ualberta.ca). Deadline: noon one week prior to publication. Entries will be edited for style and length.

### UNTIL MAR. 2

**U of A Museums present Passion Project.** This U of A Museums exhibition features 75 works from the U of A Art Collection, most of which have not yet been exhibited on campus. Passion Project tells the story of how the university has developed an outstanding art collection, shaped by the personal passion and collective vision of donors, artists, curators and community. Admission by donation. Enterprise Square.

### UNTIL MAR. 2

**Immortal Beauty.** A collaboration between the U of A Museums and the Prince Takamado Japan Centre in the Faculty of Arts, Immortal Beauty celebrates the work of master calligrapher Shiko Kataoka, in the context of calligraphy-inspired works from the University of Alberta Art Collection. Admission by donation. Enterprise Square.

### UNTIL FEB. 2

**Perceptions of Promise: Biotechnology, Society and Art.** This touring exhibition offers a compelling glimpse into a unique collaboration between scientists, scholars and nine Canadian and international artists working in a variety of mediums. This visually engaging exhibition challenges viewers to consider the positive and negative possibilities of biotechnology in general and stem cell research in particular. Enterprise Square.

### UNTIL FEB. 10

**Stitch by Stitch: The Art of Keiskamma Trust.** Experience the exciting designs and fabric art products produced by the artists of Keiskamma Trust in the Eastern Cape of South Africa. Tapestries, embroidered bags, pillow covers, laptop covers, mohair and felt/silk scarves, handmade journals and many other artistic crafts will be on display, along with the stories and photos relating to their creation. Keiskamma Canada Foundation is a group of passionate Edmontonians who raise funds for and awareness about Keiskamma Trust in South Africa, an organization that builds hope in an area of despair. Rutherford Library South.

### UNTIL FEB. 15

**The Spacious Margin: Eighteenth-Century Printed Books and the Traces of Their Readers.** Curated by Sylvia Brown and John Considine, this exhibition explores marginalia found in 18th-century books. Bruce Peel Special Collections Library.

### JAN. 28–FEB. 1

**Exposition Internationale du Campus Saint-Jean.** Les coulours du Pavillon McMahon, Exposition des pays des étudiants internationaux du CSJ + expériences de bénévolat des étudiants du CSJ. Campus Saint-Jean.

### JAN. 29

**What's Working in FASD? Interventions that are making a difference.** Presented by Jacqueline Pei, professor in the Department of Educational Psychology. 1–2 p.m. 122 Education South.

### JAN. 29, 31, FEB. 4, 5, 8, 11

**Moodle Training.** The Centre for Teaching and Learning CTL is hosting this hands-on session to introduce basic Moodle features and course development to instructors. For more information go to [www.clt.ualberta.ca](http://www.clt.ualberta.ca). 1–4 p.m. 1-30 Cameron Library.

### JAN. 31

**Making the Most of your Bilingual Skills.** Would you like information on the process of becoming a certified translator? Yukari Meldrum, certified translator with the Association of Translators and Interpreters of Alberta, will be on hand. Noon–1 p.m. International Centre (172 HUB).

### Centre for Neuroscience Seminar Series.

Mapping the brain using high-resolution functional MRI. Nikolai Malykhin, assistant professor in the Department of Biomedical Engineering. Noon–1 p.m. 3003 Katz.

**CIUS Winter 2013 Seminar Series.** Ignacy Jóźwiak, research fellow in the Wirth Institute for Austrian and Central European Studies, will be giving a talk entitled The Centre and its Neighbours: Transcarpathia in the Context of European Integration and International Migration in Europe. 3–5 p.m. 2-06 Pembina Hall.

### UNTIL FEB. 16

**Split Seconds, Soft Edges: Samantha Walrod.** This exhibition is the final visual presentation for the degree of master of fine arts in Painting. FAB Gallery.

**The Alcuin Society Awards For Excellence Book Design in Canada.** To promote a wider appreciation of books and reading, and to support excellence in book design and production, The Alcuin Society offers prestigious awards for excellence in Canadian book design and sponsors the only national competition that recognizes and celebrates fine book design in Canada. This show covers books published in 2011. FAB Gallery.

### FEB. 1

**Alumni Night – Bears Hockey.** Golden Bears vs. U of Regina Cougars. Pack the house in celebration of 100 seasons of Bears Hockey. [www.ualberta.ca/alumni/night](http://www.ualberta.ca/alumni/night) 7–10 p.m. Clare Drake Arena.

### FEB. 2

**Johann Strauss Foundation – Faculty of Arts Ball.** 38th Annual Johann Strauss Foundation & Faculty of Arts Ball benefiting the Johann Strauss Scholarships in Music at the U of A. Ticket information for this important fundraiser through 780-489-0768 (\$225; \$125 for students). 5:30 p.m. Crowne Plaza Hotel.

### FEB. 5–10

**New Works Festival.** This festival allows the university's emerging theatre playwrights to connect and develop their work with directors, dramaturges, designers and actors. New Works embodies the spirit of theatre itself, with like-minded individuals coming together to further develop their creative prowess. Above all, the festival provides a learning experience like no other to students across the university, while forming life-long connections. [www.drama.ualberta.ca](http://www.drama.ualberta.ca). Tickets \$10 at the door. 7:30–9:30 p.m. Timms Centre for the Arts.

### FEB. 6–16

**Studio Theatre: The Missionary Position.** After a devastating tsunami engulfs a small remote Central American country, a disparate group of young Canadian missionaries congregate to offer

their help. Rescuing children they believe are orphans, the missionaries are incarcerated, forcing them to confront who they are and what they believe in. Greg MacArthur, U of A Lee Playwright in Residence, was commissioned to write the play for the BFA acting class of 2013 to perform as part of the Studio Theatre. Timms Centre.

### FEB. 7

**Guillaume Tardif, violin and Roger Admiral, piano.** Enjoy an evening of musical fireworks as this duo performs three masterpieces from the early 20th century. 7:30–9 p.m. Augustana Chapel, Camrose.

### FEB. 8

**MunchMUSIC Noon-hour Recital.** Eat lunch while enjoying performances by music students and faculty. 12:15–1:45 p.m. Augustana Chapel, Camrose.

### FEB. 11

**Keynote by Guy Saint-Jacques, Canadian Ambassador to China.** Ambassador Saint-Jacques will give an address entitled The New Chinese Leadership: Its Anticipated Effect on Dealing With China. Fluent in Mandarin, Saint-Jacques joined the Department of External Affairs in 1977. He most recently served as chief negotiator and ambassador for climate change for the Government of Canada. This is Saint-Jacques' fourth posting to the People's Republic of China. For more go to [china.ualberta.ca](http://china.ualberta.ca). Noon–1 p.m. Myer Horowitz Theatre.

## laurels

The University of Wisconsin-Madison SLIS Alumni Association Board has voted to honour **Toni Samek** with its Distinguished Alumna Award in recognition of outstanding leadership and accomplishment in library service. Samek, a professor in the School of Library and Information Studies, received her PhD from UW-Madison in 1998. She is invited to attend the graduation ceremony May 19 to share words of inspiration with the graduating class.

**Lu Carbyn**, adjunct professor in the Department of Renewable Resources, joins the dozens of U of A faculty, staff and alumni who have received a Queen Elizabeth II Diamond Jubilee Medal in honour of their significant achievements and contributions to Canada. Carbyn's research interests have included avian ecology, grasslands ecosystem biology and studies on mammals in western and northern Canadian national parks. He became a biologist with the Canadian Wildlife Service in 1967 and a research scientist in 1974, and has served on assignments in Poland and Portugal. From 1989 to 1993, he headed the Canadian Swift Fox Reintroduction program as chairman of the Recovery Team. The award will be presented by Premier Alison Redford and Lieutenant-Governor Donald Ethell at Government House Feb. 8.



# I-WEEK 2013 IN FOCUS

ERIKA LUCKERT • CAUGHT



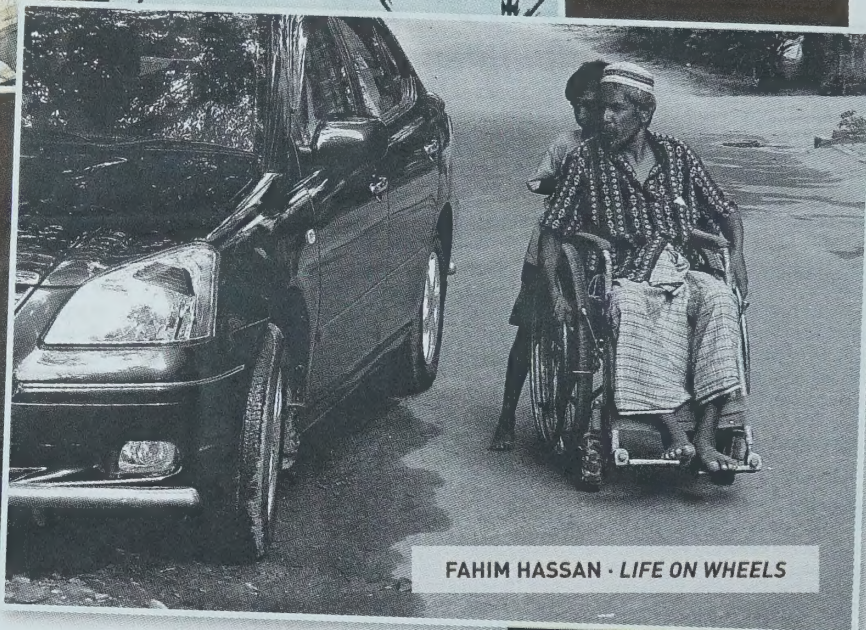
ATIQUUL ISLAM • CELEBRATION



International Week 2013's photo exhibit sponsored by Vivid Print, entitled Inclusion & Exclusion, explores perspectives of inclusion and exclusion through the eyes and lenses of University of Alberta students, alumni, faculty and staff, and the greater community. The full 20-photo exhibit is on display at Enterprise Square until Feb. 27.



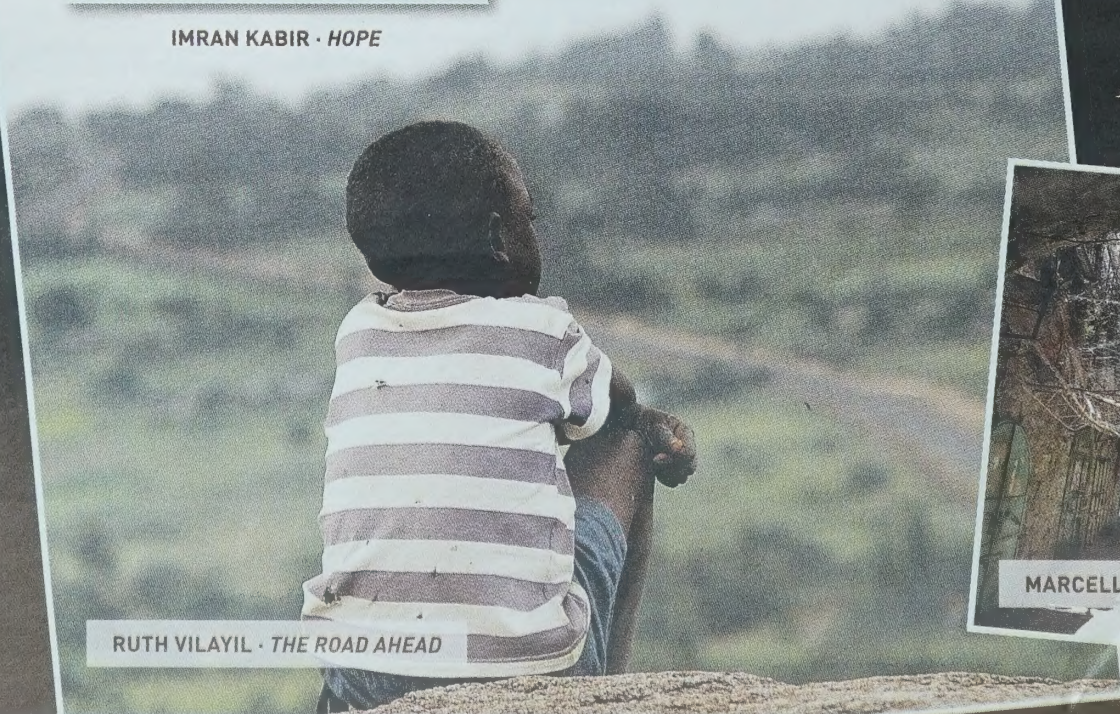
IMRAN KABIR • HOPE



FAHIM HASSAN • LIFE ON WHEELS

*the*  
**BackPage**

RUTH VILAYIL • THE ROAD AHEAD



MARCELLE KOSMAN • OFFENCES

